

eTable 2: program characteristics, components, follow-up, and category of health care workers involved in pulmonary rehabilitation in Africa

Parameters	Inpatient n=5	Outpatient n=7	Home program n=3	Maintenance n=2	Other* n=1	All n=18
Health care workers						
Dietician	2(40)	4(57)	1(33)	2(100)	1(100)	
Nurse	0(0)	1(14)	0(0)	0(0)	0(0)	
Occupational therapist	1(20)	2(28)	0(0)	1(50)	0(0)	
Physical therapist	2(40)	3(43)	2(67)	2(100)	1(100)	
Physiatrist	5(100)	5(71)	1(33)	2(100)	0(0)	
Pulmonologist	5(100)	7(100)	1(33)	2(100)	0(0)	
Social worker	1(20)	1(14)	0(0)	1(50)	0(0)	
Internist	3(60)	4(57)	0(0)	0(0)	0(0)	
Psychologist	2(40)	2(28)	1(33)	2(100)	0(0)	
Characteristic						
Patients enrolled in a program session, median (IQR)	4(4-6)	6(4-9)	15(9-22,5)	14,5(11,7-17,2)	30	7(4-13,7)
Minutes/Session, median (IQR)	60(45-60)	60(60-60)	45(45-52,2)	52,5(48,7-56,2)	30	60(45-60)
Days/Week, median (IQR)	6(4-7)	3(2,5-3)	7(5-7)	2(2-2)	2	3(2,2-5,5)
Length (#Weeks), median (IQR)	6(5,2-6)	8(8-11)	9(7,5-10,5)	8(8-8)	12	8(6-11)
Program components						
Aerobic exercise – walking	5(100)	7(100)	3(100)	2(100)	1(100)	
Aerobic exercise – cycling	2(40)	7(100)	3(100)	2(100)	1(100)	
Aerobic exercise – treadmill	2(40)	5(71)	2(67)	2(100)	1(100)	
Strength training – upper extremity	5(100)	7(100)	3(100)	2(100)	1(100)	
Strength training – lower extremity	5(100)	7(100)	3(100)	2(100)	1(100)	
Breathing exercises	5(100)	7(100)	2(67)	1(50)	0(0)	
Inspiratory muscle training	4(80)	6(86)	1(33)	1(50)	0(0)	
Training in activities of daily living	1(10)	3(43)	1(33)	0(0)	1(100)	
Self-management	1(20)	4(57)	0(0)	0(0)	1(100)	
Education	1(20)	4(57)	1(33)	0(0)	1(100)	
Energy conservation	1(20)	3(43)	0(0)	0(0)	1(100)	
Nutritional support	1(20)	3(43)	1(33)	1(50)	1(100)	
Smoking cessation	4(80)	6(86)	1(33)	1(50)	1(100)	
Psychosocial support	1(20)	3(43)	1(33)	1(50)	1(100)	
Home exercise prescription	4(80)	6(86)	0(0)	0(0)	0(0)	
Follow up						
Reassessment	4(80)	7(100)	1(33)	0(0)	0(0)	
Supervised exercise	0(0)	2(28)	0(0)	1(50)	0(0)	
Support group	1(20)	1(14)	0(0)	1(50)	0(0)	
Telephone support	1(20)	1(14)	1(33)	1(50)	1(100)	